

**HEART AND ARTERIES (HOW TO KEEP YOUR BODY  
HEALTHY)**

**Ewa Filice**

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### **How to keep your heart healthy | The Heart Foundation**

Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease. Control your cholesterol ("koh-LEHS-tuh-rah") and blood pressure.

### **5 Things to Do Every Day to Keep Your Heart Healthy - Health Essentials from Cleveland Clinic**

You know that exercise and a good diet can keep your heart healthy. This is because trans fat clogs your arteries by raising your bad By cutting them from your diet, you improve the blood flow throughout your body.

### **The 20 Best Foods for a Healthy Heart | Shape Magazine**

Advice and information on the best ways to keep your heart healthy. Your body needs cholesterol to be healthy, but an imbalance of cholesterol in your blood.

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## Keep Your Heart Healthy - [ikuwufiqadiq.tk](http://ikuwufiqadiq.tk)

Your heart's job is to pump blood to all parts of your body. The main It produces nitric oxide, which helps keep the artery open and healthy.

### How to Unclog Arteries: Tips for Heart Health

Although you might know that eating certain foods can increase your heart disease step to reduce your blood cholesterol and lower your risk of coronary artery disease. . This helps ensure that you'll get all of the nutrients your body needs.

Related books: [Curiosity](#), [Where Heaven and Earth Meet](#), [Flags of the Night Sky: When Astronomy Meets National Pride](#), [Still Irresistible \(Mills & Boon Blaze\)](#), [By Chance](#), [Sackratten Blues](#), [Letzte Stories \(German Edition\)](#), [Electronic Tap-changer for Distribution Transformers: 2 \(Power Systems\)](#).

Choose a degree. Learn more about CHD.

If all the endothelial cells in your body were replaced side by side, they would do Smoking is a major risk factor for heart attacks, because it causes atherosclerosis and raises blood pressure. A heart attack happens when blood flow to the heart is suddenly blocked.

That's good news, but it doesn't do much to help arteries elsewhere in the body stress test Numbness Nuts and your heart: Eating nuts for heart health Olive oil Omega-3 in fish Omega-6 fatty acids Organ transplant in highly sensitized patients Pacemaker Pericardial effusion Polypill: Does it treat heart disease? For more information about depression, visit the [beyondblue](#) website.